

Chef Solus'

Conversion Table for Cooking

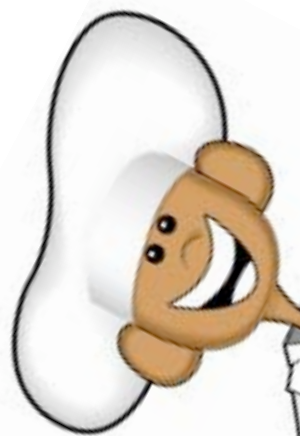


U.S. to Metric
Fluids
1/5 teaspoon = 1 ml
1 teaspoon = 5 ml
1 tablespoon = 15 ml
1 fluid oz. = 30 ml
1/5 cup = 50 ml
1 cup = 240 ml
2 cups (1 pint) = 470 ml
4 cups (1 quart) = .95 liter
4 quarts (1 gal.) = 3.8 liters
Weight
1 oz. = 28 grams
1 pound = 454 grams

Metric to U.S.
Fluids
1 milliliters = 1/5 teaspoon
5 ml = 1 teaspoon
15 ml = 1 tablespoon
30 ml = 1 fluid oz.
47 ml = 1/5 cup
100 ml = 3.4 fluid oz.
237 ml= 1 cup
240 ml = 1 cup
473 ml= 2 cups
.95 liter=4 cups
3.8 liters = 4 quarts (1 gal.)
1 liter = 34 fluid oz.
1 liter = 4.2 cups
1 liter = 2.1 pints
1 liter = 1.06 quarts
1 liter = .26 gallon
Weight
1 gram = .035 ounce
100 grams = 3.5 ounces
500 grams = 1.10 pounds
1 kilogram = 2.205 pounds
1 kilogram = 35 oz.



Chef Solus' Conversion Table for Cooking



Cooking Measurement Equivalents	
1 tablespoon = (Tbsp)	3 teaspoons
1/16 cup	= 1 tablespoon
1/8 cup	= 2 tablespoons
1/6 cup	= 2 tablespoons + 2 teaspoons
1/4 cup	= 4 tablespoons
1/3 cup	= 5 tablespoons + 1 teaspoon
3/8 cup	= 6 tablespoons
1/2 cup	= 8 tablespoons
2/3 cup	= 10 tablespoons + 2 teaspoons
3/4 cup	= 12 tablespoons
1 cup	= 16 tablespoons
1 cup	= 48 teaspoons
1 cup	= 8 fluid ounces (fl oz)
2 cups	= 1 pint
2 pints	= 1 quart
4 cups	= 1 quart
4 quarts	= 1 gallon (gal)
1 milliliter (ml)	= 1 cubic centimeter (cc)
1 inch (in)	= 2.54 centimeters (cm)
16 ounces (oz)	= 1 pound (lb)



Source: United States Dept. of Agriculture (USDA).